

ON-FINAL

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Tinker AFB, Oklahoma

507th Fighter Group
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Your Air Force Reserve Newspaper



On the Cover...

SrA. Sandra Snyder, environmental support specialist, 507th Civil Engineering Squadron, received a \$250 scholarship from the ROA. See story on page 6. (U.S. Air Force photo by TSgt. Stan Paregien)

Editorially Speaking

Submitted by the 507th Safety Office

Protecting your health and safety

Hazard Communication, or "HazCom," is the best way for you to find out about the danger of exposure to chemicals in your workplace. It lets you know how to protect yourself and others from these hazards.

We need HazCom. Your health and safety depend on your understanding of the information your employer provides about handling chemicals.

HazCom can help you prevent disabling injuries, serious illness, even death due to explosions, fires, other accidents, or overexposure to chemicals.

If you don't work in a chemical or manufacturing company, you may think that you are not at risk. But your exposure to chemicals such as cleaning solvents, pesticides, gasoline, even toner in your office copier can be harmful if the chemicals are mishandled.

Attention to the Air Force HazCom program is always important. A manufacturer may change the formula of a chemical you've used before, or you may start working with a new chemical.

The Occupational Safety and Health Administration (OSHA) established the HazCom Standard to protect the health and safety of employees. The HazCom Standard ensures your right to know about potential dangers by requiring employers to develop and explain the company's written HazCom program.

The Air Force requirements are spelled out in AFOSH Standards 161-21.

Three important elements of any squadron's HazCom program are: Warning labels on containers; material safety data sheets; employee training on the proper handling, usage, storage, and transportation of chemicals.

The 507th program involves your supervisor, or the unit HazCom contact, MSgt. Cody Smith, Fg/SE, at ext. 4-2014.

They should be able to help you research detail's on the unit's program.

The program lets you know such things as:

- * When and how your next training will take place;
- * What Material Safety Data Sheets tell you and where they are located in the work areas.
- * The names of hazardous chemicals in each work area;

- * How to obtain a written copy of your company's own HazCom Program and of the official OSHA HazCom Standard;

- * How site evaluations will be performed;
- * Which protective measures and equipment are required or suggested for each chemical.

- * How outside contractors will be trained.

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- * Special procedures for occasional hazards and unlabeled pipes.

- * Results of chemical manufacturers' reviews of scientific studies on each chemical.

You and your employers are partners in protecting you against chemical hazards. Your responsibilities begin with reading carefully the important information on all labels, MSDSs, and training materials which your employer gives you. If you don't understand something, ask.

Commitments

One of my commitments to the Quality Air Force is to communicate more often and more directly with those of you in the field. I realize it sometimes takes a while for news of policies and issues important to the Air Force Reserve to reach you. Since it's often better to hear things straight from the horse's mouth, I will use short articles like this one to discuss or clarify important issues as they evolve.

A cornerstone of quality is my supporting you in getting the job done. Part of that support is the obligation to keep you informed. Each Reservist, family member, and employer deserves timely and accurate information. It is part of my job to ensure that you get it. There's more coming; watch for it.

JOHN J. CLOSNER, Maj Gen, USAF
Chief of Air Force Reserve

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The editorial content is prepared and edited by the 507th FG Public Affairs Office. Copy deadline is noon on UTA Sunday for the next month's edition. The PA phone number is 734-3078.

Reserve officers needed

ROBINS AFB, Ga. -- The United States Forces Command 75th USAF Battle Staff Exercise Training Team is looking for Reserve officers to become part of its joint training unit.

Lieutenant colonels and majors who are qualified air operations officers,

transportation officers, logistics plans officers or intelligence officers may apply for open positions.

The unit is a battle staff exercise team of Reserve fighter pilots assigned to a new, unique Department of Defense joint unit of reservists from two services who work together. They train and validate the combat readiness of Army units within 4th, 5th and 6th U.S. armies.

Team members conduct operational readiness inspection practices and act as

traveling Reserve Blue Flag team and Liaison Team; and instruct U.S. Army Reserve in Air Force doctrine for 440 U.S. Army Reserve and Army National Guard units west of the Mississippi.

Interested officers should send a one-page military resume to AF Element Box 60, 75th Maneuver Area Command, 1850 Old Spanish Trail, Houston, TX 77054-2025.

Airman, NCO of quarter selected

SSgt. Julia Babcock and SrA Mikula Labbe have been selected as the 507th Fighter Group's NCO and Airman of the Quarter for the third quarter.

Sergeant Babcock is a health services management technician with the 507th Medical Squadron.

According to Col. Cleo Harper, Medical Squadron commander, "Sergeant Babcock is truly exceptional. She is not content to learn 'just enough.' Through her studies and upgrade training, she excels in every task."

Sergeant Babcock joined the Medical Squadron in March of last year, serving previously on active duty. While on active duty, she received several honors including Airman of the Quarter, Airman of the Year, squadron NCO of the Quarter, and first runner-up as base NCO of the Year. She was a distinguished graduate from Health Services support technical training.

Her supervisor praised Sergeant Babcock, stating she has helped the squadron's recruiting efforts, attempting to fill vacancies by displaying her pride in military to peers and discussing the benefits of being a reservist.

Of her annual tour at Tinker AFB hospital, her supervisor wrote, "I would definitely want someone of this calibre working for me on a permanent basis."

In addition to volunteering and serving additional mandays at her unit, Sergeant Babcock is a mother, homemaker and

part-time Sophomore pursuing a Liberal Arts degree from Oklahoma University where she maintains a 4.0 grade point average.

"Sergeant Babcock continuously seeks ways to improve, both personally and professionally," Colonel Harper said.

Airman Labbe works as a food services specialist with the 507th Civil Engineering Squadron.

According to her commander, Maj. Don Ritenour, "Airman Labbe's knowledge of the services career field and her determination to succeed are two of the key assets which set her aside from her peers. By demonstrating through example, she motivates her peers."

Her supervisor praised her saying, "She possess an astounding amount of information and skill in billeting, obtained from Offutt AFB, Neb., during her activation in support of Operation Desert Shield/Storm. During her activation, she was lauded by her coworkers and praised by the commander of the 55th Services Squadron."

During her upgrade training Airman Labbe scored 100 percent on all seven of her Volume Review Exercises. She is in her third year of college and is pursuing a degree in Biology and Chemistry.

Airman Labbe has also volunteered her time to assist the Red Cross at the Reynolds Army Hospital at Ft. Sill, Okla. During the course of her duties at that facility, she drew blood and assisted with clerical and secretarial duties. She also wrote and had an article on seat belt use published in the unit newspaper.

The following individuals have received promotions:

To SMSgt.
Blease, Jennifer
To MSgt.
May, Randolph
Wade, Marvin
To TSgt.
Boon, Michael

Cherry, Rickie
Chiapulis, Teresa
King, Larry
Peterson, Thresa
Swanson, Dave
Thompson, Shirley
To SSgt.
Schultingkemper, KI
Trant, Anthony
Tuggle, Melvin

Promotions



507th peddles new AFRES fitness program

The 507th Fighter Group has been selected as a test site for new Air Force fitness program.

The program, called cycle ergometry fitness testing, measures fitness and reduces the possibility of heart attacks during testing, according to Maj. Pamela Brown, Group Fitness Program Director.

Individuals 30 years and older will ride the ergometer while their heart rate is monitored. The heart rate will be put into a computer program designed to predict oxygen consumption per kilogram/minute, or VO2 MAX, in response to exercise.

The heart rate plus the cycle workload are computed and individuals are placed into one of six fitness categories.

Categories I and II indicate improvement is needed. After advising them and giving options for a self-paced fitness program, people in these categories will get 90 days to improve their fitness level. Those showing a 25 percent improvement in the 90-day retest will remain in the self-paced program until they meet or exceed the minimum standard. People not improving by 25 percent will go into a supervised 90-day fitness program.

Anyone rated in category III, the minimum passing level of fitness, will be tested at the next annual check. Those in categories IV, V or VI will be at levels which exceed the standard.

"Cycle ergometry testing replaces the traditional 1.5 mile run to determine an individual's aerobic fitness level," Major Brown said. She added the test measures whether or not members take part in fitness activities on a regular basis. The 1.5-mile run really doesn't do that.

"The 1.5 run frequently approximates a medically unsupervised maximal stress for many people. This is an unacceptable health risk," the major said.

The program will not affect people age 29 and younger. They will continue with the 1.5-mile run, however, the maximum time will be reduced.

Anyone failing this test will be entered into a self-paced fitness program to be retested in 90 days. If they pass, they'll be released from the fitness program.

Facts at a Glance

- Cycle test used in thousands of cases over past 5-6 years
- Replaces 1.5 mile run
- More valuable prediction of endurance than run
- Oxygen uptake directly related to cardiovascular fitness, health and stamina
- Comparatively few problems
- Designed to be easily administered



What's a good conditioning program?

Recent tests of cycle ergometry suggest up to 70 percent of Air Force members lead inactive lifestyles. The Air Force Reserve encourages all members to participate in a year-round conditioning programs.

Conditioning programs should include:

- Continuous rhythmic exercise of major muscle groups
- Maintain an aerobic heart rate (65-90 percent of max), 3-4 times a week.
- Maximum predicted heart rate formula:

220 beats per minute minus age.



Tips for doing your best

To achieve the best possible on your test, members are encouraged to arrive at their appointed time after observing the following guidelines. Failure to follow these guidelines may result in an under estimation of your true fitness level. Knowingly violating any of these conditions is not considered adequate reason to delay evaluation.

Rules for cycle testing

During operational testing it became clear that the test results can be

dramatically affected by failure to follow pretest instructions or poor attention to detail during the test.

- Do not exercise strenuously for at least 12 hours prior to this evaluation.
- Try to get a good night's sleep prior to the evaluation.
- Wear loose fitting trousers or shorts and comfortable shoes acceptable for cycling activities.
- Wear clothing that will allow a heart rate monitor to be attached to the skin on your lower chest.
- Do not wear clothes which limit exposure to your upper midriff, such as flight suits or leotards. Evaluations will be as private as possible. The cycle ergometry administrator may be male or female.

- Do not eat a heavy meal within six hours of the evaluation. It is best to eat a light breakfast (i.e., juice and toast or cereal) a few hours before the evaluation, and nothing other than water until the evaluation has been completed.
- Do not drink beverages that contain caffeine (i.e., coffee, tea, coke, etc.) within four hours of your evaluation.
- Do not drink alcoholic beverages within at least 12 hours of your evaluation.
- Do not use any tobacco products (smoking or chewing) within four hour of your evaluation.



Aerobics program answers fitness issue

The new aerobics program is the answer to a more fundamental approach to Air Force fitness, according to MSgt. Mary Cogar, Air Combat Command's assistant health promotion program manager.

"We're convinced this program will motivate people to participate in regular fitness activities rather than just running once a year," she said.

The program was implemented on active duty last January. The cost per base will be about \$900 plus a computer for each testing station. The number of test stations at each installation will be based on the military population.

The advantages of the new program vs. the current one far out weigh the disadvantages, according to Sergeant Cogar.

"One of the major advantages with cycle ergometry is its safety with people who exercise very little or those who have an undetected heart disease," Cogar said. "The risk of heart attacks goes up after 30. At that age, running just once a year to pass a test could pose a danger to some people.

"Another advantage is that ergometry can accurately predict levels of cardiovascular fitness, whereas the run cannot. The run only demonstrates your ability to run 1.5 miles in a certain amount of time.

"Of course, there are also some disadvantages. One will be the initial cost. Another will be the time spent by unit fitness program monitors to administer the program. Also, some runners and well-conditioned people may require special test procedures since ergometry may underestimate their fitness levels by 5 to 20 percent. But we feel the benefits are worth it," the sergeant said.

Maximal Heart Rate by Age &

Aerobic Capacity Equation

Subjects Age	Maximal Heart Rate
17-35	160
36-50	150
over 50	145

Aerobic Capacity = (raw aerobic capacity x age factor)/weight (lbs)



Politics and you

by David F. Barr, Chief,
Command Products Branch, AFNEWS

We are proud to be Americans and we are free to like or dislike a person. Right? We can even say what we think about a candidate and we are in uniform--Right? Wrong.



Some people do not understand that the very people willing to fight for America's freedoms voluntarily gave up some of those freedoms when they put on their nation's uniform or went to work for the government. For instance, uniformed people can't openly challenge

the decision of a superior. They can't even voluntarily quit their jobs if they feel like it. During election time, there are even more "do's" and "don't's".

Civilian employees and military members, like all Americans, should register to vote for the person they choose. After all, the President, Senators, members of the house of representatives, governors and a host of state and local officials are running for office this year.

These governmental employees, when in civilian clothes, may openly discuss candidates, issues and politics in general; wear buttons or pins; or speak out against the opposition. They may even join political clubs and attend legal rallies for "their candidate." But all of this must be done wearing civilian clothes and in a way that doesn't even hint that the military service endorses the candidate.

The "don'ts" say: Don't use official authority or influence in relation to political candidates or parties. Don't ask for votes or contributions for any candidate or issue and don't display large political signs or banners on cars--but bumper stickers are all right.

Political rules apply to more than people. Base newspapers, as you may have noticed, don't carry political ads, discussions, cartoons, editorials, or commentaries; they don't conduct polls or surveys or hold "straw votes."

Overseas, Armed Forces Radio and Television stations provide a free flow of balanced, non-paid coverage related to political campaigns, and use materials provided by commercial and public networks. Even with the provided materials station managers ensure that coverage is balanced and without local comment, criticism, analysis or interpretation.

You have a right to be proud to be an American, to speak your mind and work for the candidate of your choice--just make sure you do it when wearing the right clothes and that you don't make it appear that the Air Force or Defense Department endorses your candidate, party or issue.

psychology at Southeastern. She plans to go into counseling after graduation.

"I was really shocked and surprised when I heard I won," said Airman Snyder. "I'm going to use the money

to buy books. Books are very expensive, especially text books," she added.

Education is very important to Airman Snyder. One of the reasons she joined the Reserve was because of the educational opportunities offered by the Montgomery GI Bill. She has been in the Reserve for 3 years and believes that her educational opportunities have prospered as a result. Especially after winning the ROA scholarship.

According to Airman Snyder, the military has taught her discipline which she has translated into good study habits. Also, the GI bill gives her plenty of initiative to get good grades and study hard. She now has the job of teaching her spouse about the benefits of military life since he is married to a Reservist.



Psychology student swings scholarship

by MSgt. Thomas Clapper

Luck has been with the former Sandra Bragg, now known as Mrs. Sandra Snyder, or SrA. Snyder. The recently-married sophomore from Southeastern University in Durant won the 507th Reserve Officers Association's \$250 scholarship during the Reserve Olympics Day last UTA.

Airman Snyder, an environmental support specialist with the 507th Civil Engineering Squadron, is studying

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Exact address insures TDY check arrival

Beginning last month, the Base Finance Travel section is paying all travel voucher settlements by check instead of cash.

According to Accounting and Finance officials, the change will require members, who usually pick up settlement payments in cash two days after submission, to wait until the third day after submission and pick up a check at the cashier's cage in AFO.

According to Mark Scoles, 507th Budget Officer, the move to pay by check may cause problems for some 507th reservists who receive travel payments by mail.

"A lot of our reservists have their travel pay settlements mailed to their home," he said. "In the past, the finance officials used the home address provided on the travel voucher form when mailing the payment.

"The new system, as it's set up right now, will use the home address listed in

the unit's Alpha roster, instead of the mailing address we normally use in our 507th pay computers," he said.

Scoles said if a reservist does not want travel payments mailed to a home address, they should submit a letter to the 507th Finance Office stating where the check should be mailed.

"Their computers cannot access our Joint Uniform Military Pay System (JUMPS) records (the system used for UTA checks) at this time. That's coming, but in the meantime, if a reservist feels uncomfortable having their check mailed to their home of record address, they need to see us to correct this," he said.

Scoles said, the system will eventually use electronic transfers to send travel payments to member's banks, similar to the current system used for paychecks.

To correct their address in personnel records, reservists need to fill out an AF

Form 512 at the customer service counter in the 507th CBPO, building 1043.

"While this only affects some reservists returning from TDYs, we don't want them inconvenienced," Scoles said. He encouraged members to make sure their address records are correct.

The change is part of a continuing effort by finance officials to reduce the amount of currency on hand at travel pay offices.

According to Scoles, the move to reduce currency at pay offices is a way to reduce overhead and free up government funds.

"It's not cost effective to the government to tie up large sums of currency at every pay office when a check could be processed more cheaply," he said.

For more information or assistance, contact the 507th Budget Office at extension 47207.

Air Force changes Reserve inspection policy

ROBINS AFB, Ga. -- The term "UEI" (unit effectiveness inspection) is no longer used in the inspection process. It has been replaced with "QAFA," pronounced "CAFE," (quality Air Force assessment), according to the Air Force inspector general.

Another change gives full responsibility to Headquarters Air Force Reserve to perform management inspections on all Reserve units. Previously, Air Combat Command-gained units were inspected by ACC numbered air force inspection teams.

To maintain recognition with other government agencies, the universally accepted title "Inspector General" will be standardized throughout the Air Force.

All major commands will conduct management inspections and may tailor procedures to fit their needs. However, efficiency of the process and conformance with legal standards may require independent assessment. This will facilitate benchmarking among commands.

The five-level grading system is preferred and commands may vary from this standard if necessary to meet command-unique requirements. This system allows greater flexibility in evaluating and provides incentive for continuous improvement.

Gaining numbered air forces will continue to conduct operational readiness inspections, officials said.

MWR plans full schedule of Fall activities

Get yourself a prettier mug

Civilian Recreation is offering Desert Storm commemorative mugs and Tinker AFB mugs. There are several choices of pattern and various prices. Civilian Recreation is located at Bldg. 3001, area C, post Q-69 (also known as Pine Cupboard location). For details call ext. 42396.

Art classes set

The Tinker Arts and Crafts Center offers creative classes in various areas

including beginning framing, woodworking, lap quilting, oil painting and stained glass. Class space is limited and early registrations are encouraged. Registrations can be made during regular operating hours of the wood and frame shop. Class registration deadline is three days prior to the beginning of the respective class. For details call the arts and crafts center at ext. 45615.

Take a sentimental journey

Outdoor Recreation sponsors a variety of activities for all Tinker employees,

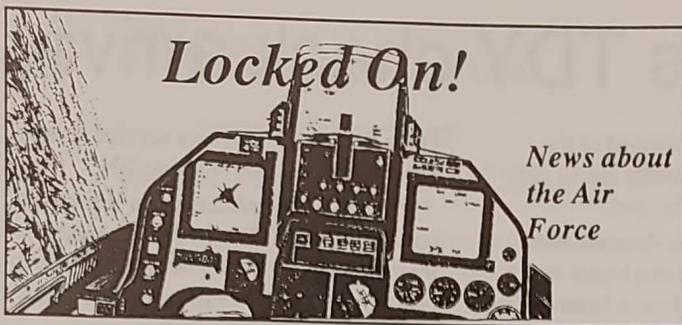
including reservists. Current activities available through Outdoor Recreation are: **Great Railway Train**, Rogers, Ark.; Nov. 14; \$45 per person; registration deadline, Nov. 3.

Rappelling II and Campout, White Rock, Ark.; Nov. 14, 15; \$35 per person; registration deadline Nov. 9.

San Antonio River Walk, San Antonio, Tx.; Dec. 11-14; \$118-\$248 per person; registration deadline, Nov. 2.

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VA cuts rates

VA mortgage rates are now at the lowest rates they've been in 19 years.

On Aug. 12, 1992, the Department of Veterans Affairs lowered its maximum home loan interest rate from 8 percent to 7.5 percent. VA also decreased by one-half a percentage point the maximum rates for graduated payment mortgages to 7.75 percent, home improvement

loans to 9 percent, manufactured home loans to 10 percent, manufactured home lot-only loans to 9.5 percent, and manufactured home and lot loans to 9.5 percent.

Veterans can contact private lending agencies for more information on VA refinancing loans.

Tankers keep art

The tradition of tanker aircraft having "nose art" will continue in Air Mobility

Command. Units were given guidelines such as: the art will reflect a theme of civic/community pride, be distinctive, symbolic and have the highest quality standards of design and maintenance.

Further, designs will be gender-neutral and approved by the wing commander.

No more dress caps

Starting October 1, 1992, the Air force men's service dress cap and the women's service dress hat are no longer a mandatory part of the Air Force uniform. The flight cap is now the mandatory service dress headgear for both men and women.

Checks that bounce

Starting Oct. 1, 1992, the penalty for cashing "rubber"

checks through Army and Air Force Exchange Service facilities will go up \$5, from \$15 to \$20.

AMC emblem wear authorized

Effective immediately, wear of the subdued AMC emblem is authorized on the right breast pocket of the battle dress uniform (BDU) for all AMC personnel. This applies only to member's existing BDU's if they are currently configured with rank, insignia, name tape, Air Force tape, and other authorized badges. Members wearing the aircrew style name patch will not wear the command patch. When the aircrew style name patch is worn, no other accouterments are authorized.

Reserve News you can use

507th selects new Senior Enlisted Advisor

The 507th Fighter Group has selected CMSgt. Ray Deutsch as its new senior enlisted advisor.

Chief Deutsch replaces CMSgt. Lee Adams, who retires in December. Chief Deutsch was the first sergeant for the 507th Maintenance Squadron.

Next month's On-final will feature articles on both members.

Christmas Toys & Spirit

By Chaplain (Capt.) Tom Elbert

Showing compassion is certainly not a seasonal phenomenon. Yet, there are times when compassion is celebrated in a more visible way.

We need to prepare now to be generous givers at Christmas time.

Now is the time to start selecting and purchasing toys for the 507th Toy Collection. Try to set aside a little money each week for our annual

collection for Tinker AFB's "Christmas Spirit."

As in the past, the money and toys raised by our efforts will be shared with those according to their need.

We will not have opportunity to support these programs in December and still meet their cutoff deadlines. Bring your gifts in October or November to the 507th Chapel office in building 1030, second floor, flightline side.

As always, your generous donations make a difference in helping someone else have a joyous holiday season. Please give generously.

FWA monitor selected

The 507th Fraud, Waste, and Abuse program monitor is Maj. Rod Lane, primary, and Maj. Michael A. Miller, alternate. To report possible abuses, contact Major Lane at 43487 or Major Miller at 45102.

Inspector General chosen

The 507th Inspector General representative is Major Russell Latenser,

primary, and Lt. Col. Gary R. Mixon, alternate.

While IG experience has shown that complaints can best be solved by commanders and supervisors, you may go to an inspector or IG at any level. For this reason, although not required, members are encouraged to discuss problems with their supervisor or commander before coming to the IG.

Major Latenser is in Building 1048, Room 14B at ext. 43269 and Colonel Mixon is in the basement of building 1043 at ext. 47638.

Medical times announced

Physical exams and Immunizations have are scheduled to be held on the Saturday of this month's UTA. Sign-in for physical exams is from 7:30 to 8 a.m.

Immunizations will be held Saturday from 1 to 2:30 p.m. in the second floor breakroom of Hangar building 1030.

Finance offices closed

The 507th Pay and Budget offices will be closed Nov 4-6.